We Claim:

1. A composition useful for forming a reinforcing body, said composition comprising:

from about 20-30% by weight of an SBS block co-polymer; from about 5-20% by weight polystyrene; from about 0.5-5% by weight of a rubber; and from about 30-45% by weight of an epoxy resin.

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- 2. The composition of claim 1, said composition further comprising from about 0.5-5% by weight of a pigment.
- 3. The composition of claim 1, said composition further comprising from about 1-10% by weight hydrated amorphous silica.

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- 4. The composition of claim 1, said composition further comprising from about 10-20% glass microspheres.
- 5. The composite of claim 1, said composition further comprising from about 0.1-5% by weight of a blowing agent.
- 6. The composition of claim 1, said composition further comprising from about 0.1-5% by weight of a catalyst.

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- 7. The composition of claim 1, said composition further comprising from about 0.1-5% by weight of a curing agent.
- 8. The composition of claim 1, said composition further comprising a compound for lowering the blowing temperature of the composition.

9. The composition of claim 1, wherein said rubber is a nitrile-butadiene rubber and said epoxy resin is a bisphenol A-based liquid epoxy resin, and said composition further comprises:

from about 0.5-5% by weight of a pigment;

from about 1-10% by weight hydrated amorphous silica;

from about 10-20% by weight glass microspheres;

from about 0.1-5% by weight of a blowing agent;

from about 0.1-5% by weight of a catalyst;

from about 0.1-5% by weight of a curing agent; and

up to about 5% by weight of a compound for lowering the blowing temperature of the composition.

- 10. The composition of claim 9, wherein said pigment comprises carbon black, said blowing agent comprises azodicarbonamide, said catalyst comprises N,N-dimethyl phenyl urea, said curing agent comprises dicyandiamide, and said compound for lowering the blowing temperature comprises zinc oxide.
- 11. A composition useful for forming a reinforcing body, said composition comprising:

from about 20-30% by weight of an SBS block co-polymer;

from about 5-20% by weight polystyrene;

from about 0.5-5% by weight of a rubber; and

from about 30-45% by weight of an epoxy resin,

wherein said composition has a percent expansion of from about 80-220% after heating thereof to a temperature of at least about 300°F.

12. A composition useful for forming a reinforcing body, said composition comprising:

from about 20-30% by weight of an SBS block co-polymer;

from about 5-20% by weight polystyrene;

from about 0.5-5% by weight of a rubber; and

from about 30-45% by weight of an epoxy resin,

wherein said composition has a compressive strength of at least about 1400 psi upon being expanded by heating to a temperature of at least about 300°F.

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13. A composition useful for forming a reinforcing body, said composition comprising:

from about 20-30% by weight of an SBS block co-polymer;

from about 5-20% by weight polystyrene;

from about 0.5-5% by weight of a rubber; and

from about 30-45% by weight of an epoxy resin,

wherein said composition has a compressive strength of at least about 1400 psi and a percent expansion of from about 80-220% upon being expanded by heating to a temperature of at least about 300°F.

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- 14. The composition of claim 13, said composition further comprising from about 0.5-5% by weight of a pigment.
- 15. The composition of claim 13, said composition further comprising from about 1-10% by weight hydrated amorphous silica.
- 16. The composition of claim 13, said composition further comprising from about 10-20% glass microspheres.

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- 17. The composite of claim 13, said composition further comprising from about 0.1-5% by weight of a blowing agent.
- 18. The composition of claim 13 said composition further comprising from about 0.1-5% by weight of a catalyst.

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- 19. The composition of claim 13, said composition further comprising from about 0.1-5% by weight of a curing agent.
- 20. The composition of claim 13, said composition further comprising a compound for lowering the blowing temperature of the composition.

21. The composition of claim 13, wherein said rubber is a nitrile-butadiene rubber and said epoxy resin is a bisphenol A-based liquid epoxy resin, and said composition further comprises:

from about 0.5-5% by weight of a pigment;
from about 1-10% by weight hydrated amorphous silica;
from about 10-20% by weight glass microspheres;
from about 0.1-5% by weight of a blowing agent;
from about 0.1-5% by weight of a catalyst;
from about 0.1-5% by weight of a curing agent; and
up to about 5% by weight of a compound for lowering the blowing
temperature of the composition.

22. The composition of claim 21, wherein said pigment comprises carbon black, said blowing agent comprises azodicarbonamide, said catalyst comprises N,N-dimethyl phenyl urea, said curing agent comprises dicyandiamide, and said compound for lowering the blowing temperature comprises zinc oxide.

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